

GALLATIN CITY-COUNTY HEALTH DEPARTMENT

GROWTH & DEVELOPMENT



1 – 2 months

WHAT TO EXPECT	HOW YOU CAN HELP
MOTOR	MOTOR
<ul style="list-style-type: none"> · Holds head up briefly when on stomach · Tries to hold head steady when in sitting position · Follows moving object or face with eyes · Can focus on close face or object 	<ul style="list-style-type: none"> · Place baby on stomach for brief periods. · Support baby in sitting position on your lap to help him develop back & neck muscles. · Move your face or bright object slowly past baby & watch how far she will follow it.
LANGUAGE & BEHAVIOR	LANGUAGE & BEHAVIOR
<ul style="list-style-type: none"> · Smiles when smiled at or talked to · Likes to look at faces · Makes soft cooing sounds “ooo” – “ahh” · Makes sucking sounds · May look at own hands · May have fussy period, commonly during late after noon or evening 	<ul style="list-style-type: none"> · Talk to & smile at your baby frequently during the day. · Imitate your baby’s cooing sounds. Later he will learn to repeat sounds you make. · Respond promptly to crying & try to determine the cause. This helps your baby develop trust and feel secure that his needs will be met. · During fussy periods, try holding baby in different positions. If you become frustrated, put your baby in a safe place & take a short break.
SLEEP	SLEEP
<ul style="list-style-type: none"> · Typically sleeps about 15-17 hours in a 24 hour period, often in 2-4 hr stretches between feedings. 	<ul style="list-style-type: none"> · Tend to baby quietly during the night to help baby separate day from night. Don’t prevent naps during the day hoping she may sleep better at night. An overtired baby may not sleep well. • Place on back to sleep
FEEDING & GROWTH	
<ul style="list-style-type: none"> · Nutrition from breast milk or formula only. Average weight gain of ½1/2 ½lb. per week. 	
IMMUNIZATIONS	
At 2 months your baby should have: Diphtheria, Tetanus, & Pertussis (DtaP), Polio(IPV), Haemophilus (Hib) & Hepatitis B (Hep B)	
SAFETY	
<ul style="list-style-type: none"> · Use a correctly installed car safety seat <u>every time</u> baby rides in a car. · Keep soft pillows, plastic bags and small objects away from your baby (an object is too small if it fits through a cardboard toilet paper roll). · NEVER shake your baby. · NEVER leave your baby unattended around pets, young children or water. · Avoid exposing baby to the sun (children under 6 mo's should not have sunscreen applied to their skin; they should be protected from the sun with hats, clothing and by keeping them in the shade). · Make sure both you & your child care provider are instructed in infant/child CPR. · Keep your baby’s environment free from tobacco smoke or other smoke. · Hot water tank temperature should be set at 120° to avoid accidental burns. · Babies like bath water at body temperature. Test the water temperature with your wrist. · Protect from falls, keep crib sides up and your hand on your baby at all times while she is on a high surface. 	

Date: _____

Next Visit: _____

Notes: